CISIR

Banana flour incorporated cakes

Inventors:

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Invention summary:

Cakes were formulated by replacing refined wheat flour with banana flour

Technology overview:

Cake is a form of sweet food that is usually baked. The most commonly used cake ingredients include refined wheat flour, eggs, a fat source, sugar and leavening agents. Majority of cakes are high in carbohydrate, fat and calorie, but low in fiber content and these attributes have set them as unhealthy choices for daily consumption. Therefore, alternating the ingredients used in cakes with potential nutritive ingredients would be beneficial to improve the nutritional quality of cakes. Since refined wheat flour contains high amount of starch and lacks in dietary fiber and micronutrients, to improve the nutritive value of cakes, there is a need for replacing refined wheat flour with flours of better nutritive quality. Fully mature unripe bananas were identified as a promising source to obtain gluten-free flour which is rich in dietary fibers (including resistant starch) and amylose. Relevant scientific studies have confirmed the possibility of using banana flour as an alternative in formulating bakery products. Therefore, cakes were formulated by replacing refined wheat flour with banana flour to improve the nutritional quality of cakes and to meet the expectations of health-conscious consumers.

Potential application:

To fulfill the demand of health-conscious consumers who wish to consume healthy food without changing their diet or dietary habits

Advantages of the product:

- Contain dietary fibers including resistant starch
- Products made out of 100% banana flour are gluten free and suitable for those who are suffering from Celiac disease
- Benefit the farmers those who cultivate Banana varieties

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